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BREAKING DOWN 20 YEARS OF UNRULY FLIERS PAGE 8

Doug Ford in second with 34 per cent ... or third with 16

Why two polling firms got such different results on candidate's support PAGE 3

Snoring at the gym? Go the distance with a little boxing

Stay energized until the very end with a fun and full body workout PAGE 21

Leafs' new 'numbers guy' loath to talk more numbers

Kyle Dubas putting skills other than analytics to use during rookie camp PAGE 29

Trust trustees with your cash?

Toronto District School Board. Audit highlights questionable claims like candy, aerial tours and excess hotel rooms

Toronto public school board trustees have charged taxpayers for everything from $19 worth of groceries to a tour of Israel that cost almost $4,000.

An internal audit of questionable expenditures filed by Toronto District School Board elected officials — obtained by Torstar News Service through a freedom-of-information request — includes scores of reimbursed claims that are not allowed or it's "unclear" how they relate to the job of trustee.

Gerri Gershon: a $22.82 floor mat, "frequent meal claims" and a book at the airport. The veteran trustee charged a $3,765 tour of Israel, explaining to Torstar that the trip was to promote interfaith relations after one of her schools came under fire for providing space for Muslim prayers. She said she "tweeted the entire trip."

Howard Kaplan: groceries, including lotion and nuts, and a $25 clock radio for his office. He said he has "no idea what the nuts are" and that the lotion is at his office because his hands get "red and chapped, especially in the winter."

He said he made an error in filing that and offered to pay back the amount but was told not to bother.

John Hastings: a $205 aerial tour of the oilsands in Alberta, which he explained was part of his ongoing interest in promoting the trades to students.

The tour took place during a trip to the West Coast for a conference, where he booked and paid for two rooms in Whistler, B.C. — which he said was insurance in case the reservation on the first room fell through. He booked another room in Richmond, B.C., to hold meetings with "key personnel" before heading to Calgary.

Mari Rutka: purchased an iMac Air computer for $1,771, complaining that the Dell purchased under board contract — as required by policy to keep costs down — kept breaking down and was too heavy for her to carry around.

Elizabeth Moyer: charged taxpayers for "frequent purchases at Starbucks and fast-food restaurants ... also regular early morning meetings on weekends" that aren't properly documented, which she explained are meetings with constituents. She also charged $11.30 for chocolate bars and purchased "numerous TTC tokens" without reasons provided and claimed 265 kilometres for a 76-kilometre trip to the airport.

"This claim was questioned by the accounting department and approved based on the explanation given," she told Torstar.

Several trustees, including Hastings, Moyer, Gershon and Shelley Laskin have racked up tens of thousands of dollars for out-of-town conferences. They also charged taxpayers to stay in a downtown Toronto hotel for a conference, when they all live in the city — Laskin just seven kilometres away.

Some portions of the report are redacted, a decision Torstar is appealing with Ontario's privacy commissioner.

Trustees each have $27,000 to spend each year, which most abided by.

TORSTAR NEWS SERVICE

Gerri Gershon TORSTAR NEWS SERVICE

Howard Kaplan TORSTAR NEWS SERVICE

John Hastings TORSTAR NEWS SERVICE

Mari Rutka TORSTAR NEWS SERVICE

Chump change?

"My God, it's not even a rounding error in a $3-billion budget. You are going to waste ink on something that costs less than $20?

Howard Kaplan, questioning why the matter is newsworthy

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FIVE THINGS YOU NEED TO KNOW TODAY

1
POLITICS OF FASHION
Design Exchange unveils Politics of Fashion Wednesday, curated by Jeanne Beker. It explores fashion as a tool for communicating identity and political expression.

2
LIFE & CRIMES
Join author Nate Hendley Wednesday at the North York Central Library to discuss infamous gangster Edwin Alonzo Boyd, who robbed banks in Toronto and escaped from the Don Jail twice.

3
DUFFY DRAMA
The first court date for Sen. Mike Duffy — Tory black sheep and poster boy for the Senate scandal — is scheduled for Tuesday morning.

4
LOVE QUIRKY CANLIT?
Newly launched website alllitup.ca connects buyers to print and ebooks from a slew of Canada's independent publishers.

5
THE FORCE IS STRONG
Obi-Wan Kenobi is rumoured to be the protagonist of one of three Star Wars spinoffs planned for release between episodes VII, VIII and IX.

Tale of two polls: Why measures of Doug Ford's support don't match

Second or third? One expert speculates that who the pollsters were — or weren't — able to reach had a big impact on the final numbers

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Two polling firms were in the field on Friday evening after news broke that Doug Ford would be running for mayor instead of his brother Rob — compiling markedly different results.

Forum Research found Doug Ford had the support of 34 per cent of voters, second behind John Tory (41) and ahead of Olivia Chow (19). Six per cent planned to vote for someone else, or didn't know.

Mainstreet Technologies found Ford had the support of only 16 per cent of voters, third behind Tory (45) and Chow (27). Thirteen per cent were undecided.

Both polling firms used Interactive Voice Response (IVR). So how could the results be so different?

According to University of Toronto-Mississauga political science professor Peter Loewen, the discrepancy likely has to do with who the pollsters were able to reach.

With the IVR method, about one in 10 people actually answer the poll, making it difficult to get a representative sample, said Loewen.

One sign of a poll's accuracy is how much the responses need to be weighted in order match the general population, according to Loewen.

Mainstreet weighted its responses by age and gender.

The poll was completed by few men aged 18 to 34, so their responses were weighted higher than other votes, according to Mainstreet Technologies president Quito Maggi. The the poll's maximum weight was 11.76. So in effect, the men's votes counted almost 12 times that of an unweighted vote.

Maggi said the poll was put together on short notice.

Loewen said the amount of weighting in the poll was a concern.

"They're obviously having a very difficult time reaching young people through their method, especially young men," said Loewen.

The problem with high weighting is that if the demographic group that is strongly weighted contains some responses that are not representative of that group at large, those responses are magnified, skewing the results. "The unrepresentative person will carry a lot of weight in your sample," said Loewen.

How did Forum do on that score? Forum president Lorne Bozinoff declined to release the weights for his company's poll to Metro.

Follow Jessica Smith Cross on Twitter @jessiecatherine

Quoted

"They're obviously having a very difficult time reaching young people through their method, especially young men."
Political science professor Peter Loewen

Doug Ford speaks to the media on Friday. CHRIS YOUNG/THE CANADIAN PRESS

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Lockstep. Fords vote identically nine times out of 10

Since arriving at city hall four years ago, Coun. Doug Ford has consistently voted in lockstep with his brother Rob Ford's cost-cutting agenda, even after council allies started breaking ranks.

Metro columnist Matt Elliott calculated that Doug Ford has voted with his brother more than 90 per cent of the time.

During the mayor's honeymoon period, the brothers and a majority of councillors voted to implement the mayor's campaign promises, contracting-out garbage pickup west of Yonge, scrapping the city vehicle registration tax, getting the TTC declared an essential service and chopping council office expense budgets.

Then came Doug Ford's plan to seize control of the Port Lands redevelopment from Waterfront Toronto, replacing the tri-partite government agency's long-term vision with a monorail, a megamall and the world's largest Ferris wheel.

The grandiose scheme fell flat, and council came up with a consensus that the brothers reluctantly supported.

The rancorous 2012 budget debate is remembered for Doug Ford dismissing literary giant Margaret Atwood and endorsing library closures. In the end, councillors of various stripes quietly worked to identify $15 million in services to save through a motion that passed with 23 votes, the Fords voting against.

There have been a few instances when the brothers parted company.

When the mayor continued his annual tradition of voting against all of the city's community development grants, his brother voted against him.

But during last month's final council meeting, the Ford brothers were back standing united and defiant against the rest of council.

TORSTAR NEWS SERVICE

Child advocate Irwin Elman wants to raise the voices of the most vulnerable.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Voices of the invisible

Special needs kids.
Child and youth advocate giving outlet for lived experience

Numerous Ontario panels and investigations are looking to improve services for children and youth with disabilities. But no one has asked the children and youth themselves what they think — until now.

On Tuesday, Ontario's child and youth advocate Irwin Elman is launching a special website as a first step in raising the voices of the province's most vulnerable and often invisible residents.

Elman's I Have Something to Say initiative builds on his office's successful 2012 effort to bring the voices of Crown wards and children in foster care to Queen's Park during a series of hearings. The report that came out of those hearings led to significant policy changes.

The initiative also comes in the wake of last spring's Feathers of Hope report by First Nations children and youth.

"I thought it was time to look at the next group in our mandate — children and youth with special needs," Elman said in an interview. "We need to do the same thing: Give them an opportunity to use their own voice, and put them at the centre of the conversation."

The project includes children with developmental and physical disabilities as well as those with learning challenges. The Toronto District School Board has already promised to reach out to its 50,000 special education students, Elman said. For those with limited ability to write about their lives on the website, Elman is inviting parents, caregivers, advocates and siblings to help tell their stories through a piece of art, video, song, ebook or other projects that work best for them. TORSTAR NEWS SERVICE

$500-a-plate event

Cops investigating Mammoliti over fundraiser

Coun. Giorgio Mammoliti is under police investigation for accepting an $80,000 gift at a fundraiser last May, Torstar News Service has confirmed.

In July, integrity commissioner Janet Leiper wrote in a scathing report that Mammoliti had violated the city's code of conduct by accepting an $80,000 gift from event organizers. More than 200 guests attended the $500-a-plate fundraiser in Woodbridge, the report found.

Giorgio Mammoliti

TORSTAR NEWS SERVICE

Mammoliti, often a brash and polarizing figure on city council, has maintained that he did nothing wrong, and vowed to sue the city after council voted to dock his pay for 90 days over the issue. Councillors also directed the city to hire outside legal counsel to consider whether Mammoliti broke the law.

City spokesperson Wynna Brown said the law firm Stockwoods had been hired to look into the fundraiser.

TORSTAR NEWS SERVICE

Five convicted in Bandidos biker slayings start appeals

Ontario Court of Appeal. Five men are challenging murder convictions in the slaying of eight Bandidos in Toronto

A bike gang member convicted in what may be Ontario's largest mass slaying didn't know anyone would die that night eight years ago, nor did he help other bikers carry out the execution-style killings, his lawyer argued Monday.

Brett Gardiner is one of five men challenging dozens of murder convictions in a ruthless internal cleansing of the outlaw motorcycle club that left eight members of its Toronto chapter dead.

Gardiner's lawyer, Christopher Hicks, told the Ontario Court of Appeal that his client, who court heard never held a gun or watched over the targeted men the night of the slaughter, should have been found guilty of manslaughter in all eight deaths instead of two.

"There was no plan to do this," Hicks told the three-judge panel.

Even after it became clear that two men had been killed, there was no evidence at trial suggesting Gardiner's actions helped in killing the others, though he did at one point remove items from the trunk of a car in which one of the bodies was later found, Hicks argued.

In all, Gardiner and five other men were convicted of 44 counts of first-degree murder and four counts of manslaughter in the slaying of eight Bandidos in April 2006. The bikers' bodies were found stuffed into cars and abandoned at a rural property near London.

All six men — including the purported mastermind, Wayne Kellestine, on whose farm the murders took place — filed notices of appeal shortly after their convictions in 2009, but appeal court documents show only five are now proceeding.

Several, including Gardiner, are arguing on appeal that they should have been allowed to use the defence of duress.

The court is scheduled to hear the challenge all week.

THE CANADIAN PRESS

John Muscedere, in an undated photo from the Bandidos website, was one of eight gang members found slain. THE CANADIAN PRESS/HANDOUT

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Pinball Clemons hosted the kickoff of the 2015 Pan Am Games ticketing program in Toronto on Monday. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Athletes urge Pan Am fans to reserve tickets early

Watching dramatic sporting competitions in person provides a rush far better than any gained from seeing the events on the small screen, Canada's star athletes said Monday as they urged fans to start reserving tickets to next year's Pan Am Games.

"These are sports that TV sometimes kind of numbs us as to how fast, how high, how quick, how agile these sports really are," said Olympic medal-winning cyclist Curt Harnett, leader of Team Canada in the Games.

"For me, the opportunity to gain access to any one of them and see front and first-hand what it takes to be a top flight athlete — really for me is an opportunity that cannot be missed."

Gymnast Rosie MacLennan, who won Canada's only gold medal in the 2012 London Olympics, said it can be a life-changing experience for children.

The most inspiring moment in her career was watching the performance of athletes who came before her, she said at the ticket kickoff event in Toronto.

"Watching my teammate and good friend Karen (Cockburn) earn her spots to the Olympic Games live — that was the most inspiring thing as a young kid," she said. "And that kept my dream alive, kept me pushing, so ten years later, I was right there next to her."

Sports fans were able to start requesting tickets Monday to watch athletes from 41 countries from the Americas and the Caribbean compete in Toronto and other Ontario communities from July 10 to 26.

Seats to many events — including the opening ceremony, a one-night-only show by Cirque du Soleil — can be requested until Oct. 6 through the Toronto2015 website. Organizers predict there will be 250,000 visitors from outside Ontario, while the rest will likely be local.

"These are not expensive tickets. Seventy-five per cent will be under $45," he said.

THE CANADIAN PRESS

Leaders kick off year-long campaign season with pitches to middle class

October 2015 election. Political manoeuvring comes as Parliament resumed on Monday

Quoted

"We will keep delivering for Canadians and their families." Stephen Harper

The leaders of the three main federal parties spent Day 1 of the unofficial year-long election campaign vying to portray themselves as champions of middle-class Canadians.

Prime Minister Stephen Harper touted his government's plans to cut taxes for Canadian families.

New Democratic Party Leader Tom Mulcair pushed his pledge to reinstate a federal minimum wage.

And Liberal Leader Justin Trudeau proposed giving employers who hire additional workers a two-year holiday from paying Employment Insurance premiums.

The manoeuvring came with Monday's resumption of Parliament, which effectively kicked off the campaign for the October 2015 election.

Harper marked the occasion with a campaign-style rally, laden with economic high-fives and tough talk about protecting Canadian values around the world.

The NDP announced that it will use its first opposition day of the fall sitting, on Tuesday, to force a debate on its recently unveiled proposal to reinstate a minimum wage for workers in federally regulated sectors.

Mulcair is proposing to set a federal minimum wage of $15 per hour, which would be phased in over a five-year period.

Trudeau said the Liberals will likely support the idea but Harper rejected it, arguing that minimum wage rates are largely regulated by the provinces.

THE CANADIAN PRESS

Prime Minister Stephen Harper and his wife Laureen wave as they leave a room following a speech to supporters on Monday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

Alberta begins Prentice-ship

Jim Prentice has a laugh on Monday in Edmonton with newly appointed health minister and former Edmonton mayor Stephen Mandel. Prentice was sworn in as Alberta's 16th Premier. JASON FRANSON/THE CANADIAN PRESS

Goal scored. Transgender hockey players can choose their own dressing rooms

Minor hockey players in Ontario are now able to choose a dressing room based on whether they see themselves as male or female, following settlement of a human rights complaint against Hockey Canada.

The agreement, which also includes an educational component, is aimed at protecting young transgender players from discrimination and harassment.

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year, said he was pleased with the result.

"(Kids) can come out and play their sport that they love, and they don't have to stop playing it just because of how they are or who they are," Thompson said.

The new policy, which applies to all minor players in Ontario under the auspices of Hockey Canada, also calls for the organization to educate its trainers and coaches on discrimination and harassment as well as on gender identity and expression.

In addition, players are entitled to be addressed by their preferred name, as well as the pronoun that corresponds to their self-identified gender.

For Thompson, an avid hockey player now in Grade 12, the issue became acute about four or five years ago when he hit puberty.

Thompson's mother, Ailsa Thompson, said it was "very upsetting" when a coach booted her son from the boys' dressing room on the basis that "she's a girl."

Quoted

"I just hope that kids can see this and know that they don't have to hide anymore."

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year

THE CANADIAN PRESS

Auschwitz. Former guard charged as accessory to 300,000 murders

A 93-year-old man has been charged with 300,000 counts of accessory to murder for serving as an SS guard at the Nazis' Auschwitz death camp, prosecutors said Monday.

Oskar Groening is accused of helping operate the death camp in occupied Poland between May and June 1944, when some 425,000 Jews from Hungary were brought there, and at least 300,000 almost immediately gassed to death.

In his job dealing with belongings stolen from camp victims, prosecutors said among other tasks, he was charged with helping collect and tally money that was found.

"He helped the Nazi regime benefit economically, and supported the systematic killings," state prosecutors in the city of Hannover said in a statement.

Groening has openly talked about his time as a guard and said while he witnessed atrocities, he didn't commit any crimes. THE ASSOCIATED PRESS

Lotto Max

Ice cream run sweetened by about $50 million

Eating your fiancé's last ice-cream bar may not be a smart thing to do, but the craving certainly paid off for an Orillia, Ont., woman.

A trip to the local store to "replace" the treat — and also to purchase a Lotto Max ticket there — has made the newly engaged couple Ontario's latest multimillionaires.

Thirty-year-old Deanna Bergeron and her fiancé, Jeff Bourret, 32, collected their $50-million cheque today.

They say they're still "trying to process" the win, but the first thing on their mind is a vacation.

THE CANADIAN PRESS

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Flying off the handle

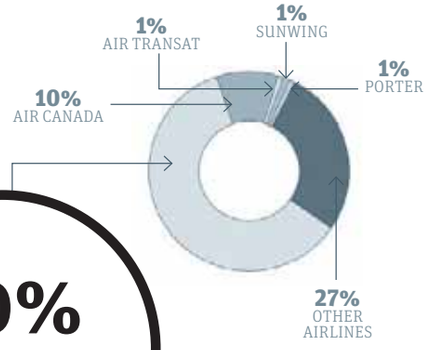
How do you get Canadians to drop their courteous facades? Put them on an airplane. Using data culled from Transport Canada, Metro created a database of disruptive airline-passenger incidents since 1994. The list includes 795 reports, ranging from not-so-sly smokers to members of the mile-high club.

LUKE SIMCOE
luke.simcoe@metronews.ca

25%
Unsurprisingly, nearly 25 per cent of unruly passenger incidents involved drugs or alcohol.

8% About eight per cent of the reports mention passengers trying to sneak a smoke break.

3 There are only three reports of someone trying to smoke an e-cigarette on board.



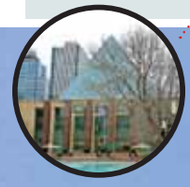
60%
Sixty per cent of the reported incidents occurred on WestJet flights.

Frequent flier fears

Alberta-based WestJet flies the three most-disruptive routes:

- **WJA426 from Edmonton to Toronto** appears in the list nine times.
- **WestJet flights from Fort McMurray, Alta.,** to Edmonton appear four times.
- **WestJet flights from Nassau, Bahamas, to Toronto** appear four times.

ISTOCK PHOTO



0.06%
To put things in perspective, the 98 incidents aboard WestJet planes in 2013 made up a mere 0.06 per cent of the airline's annual flights.

• On Nov. 28, 2011, two then-executives of BlackBerry got so intoxicated and belligerent aboard an Air Canada flight to Beijing that they had to be restrained. One reportedly chewed through his plastic restraints and continued his mischief. They were subsequently fired from the Waterloo-based company.

• On a Perimeter Airlines flight out of Winnipeg on Aug. 26, 2003, a woman began "flailing her arms" and threw a shoe at the cockpit crew when they refused to land mid-flight. The woman eventually returned to her seat, but "removed a bottle of vodka from her purse and consumed it" before "pass(ing) out."

• On Jan. 25, 2011, a couple aboard a WestJet flight from Edmonton to Toronto became belligerent after being denied alcohol. According to the plane's captain, the pair was "acting pornographic" and "making out" during the flight.

• Most recently, two Toronto-area women forced a Cuba-bound plane to return to Toronto in August after getting into a dispute. The pair had allegedly been drinking and smoking in the washroom beforehand and even uttered a threat against the plane, prompting NORAD to call for a military escort.

Planes, pains and utter ordeals

Airing grievances

The Civil Aviation Daily Occurrence Report System (CADORS) uses data sent by air-traffic control regarding incidents reported to them by in-flight crews. The system covers incidents aboard Canadian-registered aircraft, at Canadian airports or in Canadian airspace.

- A recent spate of in-flight incidents — including fights over reclining seats and a drunken fight that grounded a Sunwing plane — suggests passengers are flying off the handle more, a contention Transport Canada's data appears to support.
- Disruptive-passenger reports in Canada have spiked in recent years, from a low of six in 2000 to more than 130 in 2013. However, regulations introduced by Transport Canada in 2009 formalized the reporting process and led to a significant increase in reports.

Brie Ogle, a representative of WestJet, said its disproportionate presence in the database "has absolutely nothing to do with (its) guests" and instead reflects the airline's "strong safety culture."

"Almost all of our guests are exceptionally polite and respectful ... A high number of reported incidents tells us that WestJetters are being vigilant in reporting all incidents, regardless of the magnitude. We want to ensure that guests and crew feel safe onboard our aircraft, so we have to ensure those committing infractions are dealt with appropriately by tracking them consistently through reporting."

Despite flying nearly twice as many passengers, Air Canada — along with its Jazz and Rouge affiliates — appears only 80 times. Spokesperson Peter Fitzpatrick declined to discuss how his company's reporting system compares to WestJet's but said, "Air Canada has a very robust reporting system that greatly exceeds the standard established by Transport Canada."

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Whaling conference

Japanese hunting top talking point

Japan's intention to resume whale hunts in the Antarctic — despite a ruling by the top UN court — dominated the agenda as an international whaling conference opened Monday in Slovenia's Adriatic Sea resort of Portoroz.

Whaling for research purposes is exempt from the 1986 international ban on commercial whaling and Japan says it will conduct additional hunts on that basis which could lead to the killing of hundreds more.

But in March, the International Court of Justice ruled that Japan's program wasn't scientific as it produced little actual research and said Japan failed to explain why it needed to kill so many whales. Japan is expected to outline a new plan pledging reduced numbers and species it hunts. THE ASSOCIATED PRESS

Whale meat is a culinary staple in Japan and it will seek support at the International Whaling Commission in Slovenia to hunt minke whales in the Antarctic in 2015 to help sustain the industry.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

Kiwi internet party gets 'Mega' push from Dotcom

New Zealand. Wanted for extradition by U.S., Megavideo founder making impact on election race.

At a recent political rally in Wellington, indicted Internet entrepreneur Kim Dotcom jokingly asked members of New Zealand's spy agency to raise their hands.

"Please don't worry," he said, to rising laughter and applause. "Even though we are going to shut you down, we will find you guys new jobs."

Dotcom — who is fighting extradition charges to the United States in relation to his now-shuttered file-sharing site Megaupload — has been drawing large, enthusiastic crowds on the campaign trail in support of the Internet Mana party. Although he can't run for office because he's not a citizen of New Zealand, he has poured more than 3 million New Zealand dollars (US$2.44 million) into the small party that is on target to win as many as three seats in parliament.

The party has been gaining support among younger voters for its youth-focused policies. One of his chief aims, however, has been to get incumbent prime minister John Key voted out.

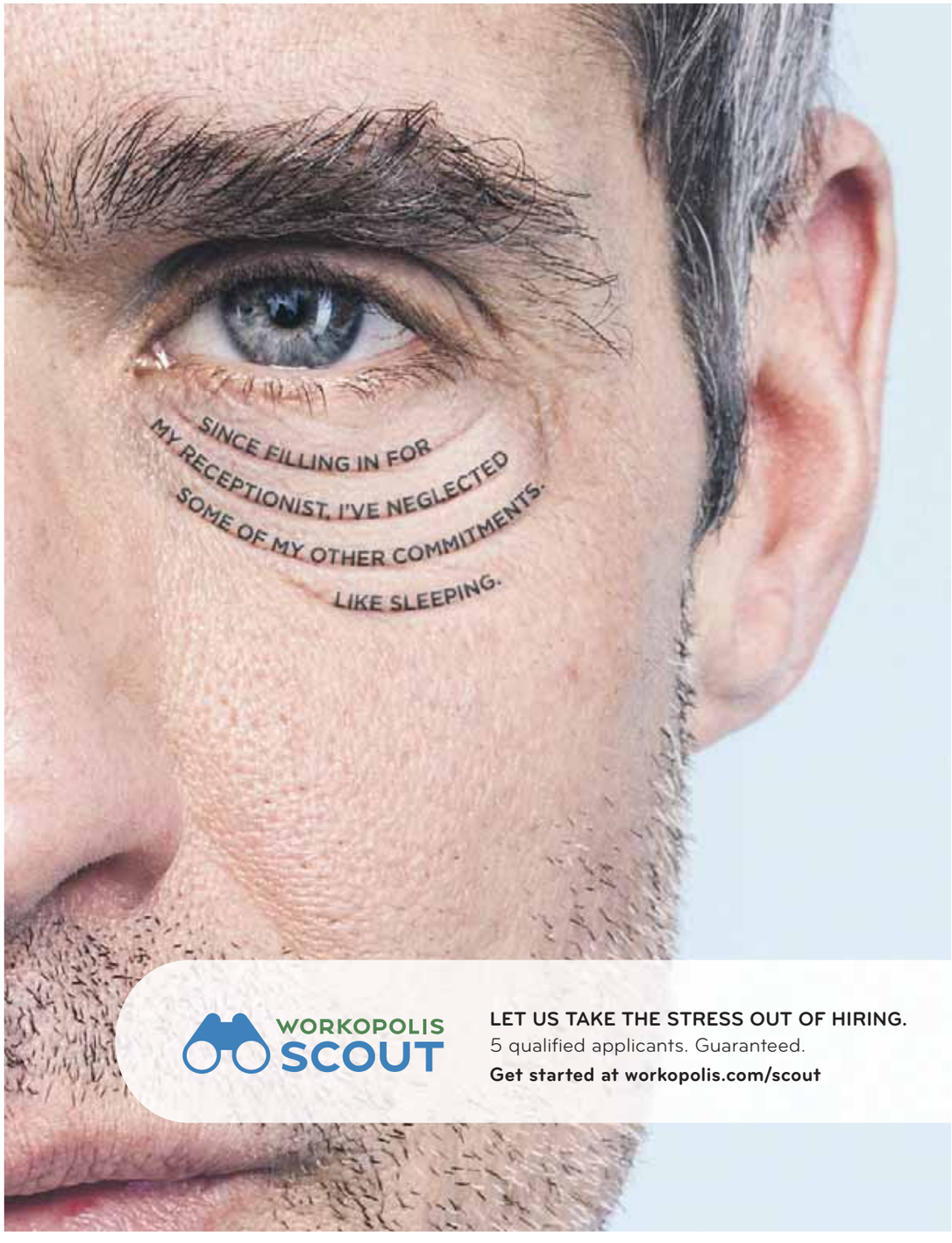
To this end, despite Key's currently popularity, Kim has threatened to expose the government's spying activities, Key's own truthfulness and has said he would produce proof that Key has misled the public about his case.

U.S. prosecutors accuse Dotcom, 40, who has since started another sharing service called Mega, of facilitating the widespread piracy of songs and movies. Dotcom, who was born Kim Schmitz in Germany, argues that he can't be held responsible for those who chose to use his site to illegally download material.

THE ASSOCIATED PRESS

Journalist Glenn Greenwald, left, and Kim Dotcom attend a political forum at Town Hall in Auckland, New Zealand, Sept. 15.

BRETT PHIBBS/NEW ZEALANDHERALD/THE ASSOCIATED PRESS



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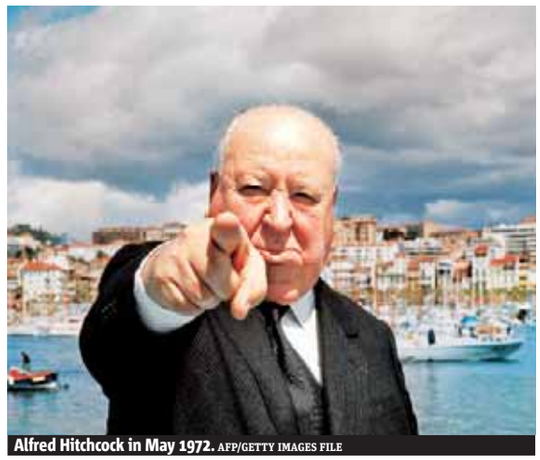
Hurricane devastates Baja California Sur

A woman looks at what remains of her house after it was destroyed on Monday by Hurricane Odile in Los Cabos, a city in the state of Baja California Sur, in Mexico. Hundreds of impoverished houses in poor neighborhoods were destroyed by the hurricane. Authorities evacuated coastal areas and readied shelters for up to 30,000 people, while Mexico's Interior Ministry declared a state of natural disaster for affected areas in Baja California Sur. At least 22 airline flights were cancelled. Some tourists camped out at the Los Cabos international airport hoping to get out before the storm, but the facility shut down all air operations late Monday afternoon. THE ASSOCIATED PRESS

Study compares brains of patients in healthy and vegetative states

London, Ont.

Researchers at Western University used an Alfred Hitchcock movie to show that patients in vegetative states may be 'consciously aware'



Alfred Hitchcock in May 1972. AFP/GETTY IMAGES FILE

The original master of suspense is helping Western University researchers in London, Ont., gain a better understanding of patients in vegetative states.

Researchers at the university's Brain and Mind Institute put a group of healthy people in an MRI scanner alongside someone who had been unresponsive for 16 years.

Then they switched on an Alfred Hitchcock flick.

Brain activity for most of the healthy patients in the screening synchronized and was similar to patterns displayed by the unresponsive patient.

The results, researchers suggest, show that the patient was "consciously aware" and likely understood the movie.

"For the first time, we show that a patient with unknown levels of consciousness can monitor and analyze information from their environment, in the same way as healthy individuals," said Lorina Naci, a postdoctoral fellow and lead researcher on the new study.

"We already know that up to one in five of these patients are misdiagnosed as being unconscious and this new technique may reveal that that number is even higher."

METRO IN LONDON

Scotland vote: Breaking up is hard to do

If Scots vote for secession on Thursday, it could take up to three years to hammer out the details of the divorce, says one expert who calls the 18 months triggered by a Yes vote an 'impossible' deadline

THE ASSOCIATED PRESS

How do you divorce after a 300-year union? It's complicated, and there's a deadline.

If Scots vote Yes to separation on Thursday, a clock starts ticking down to March 24, 2016, — the independence day declared by the Scottish government.

The British and Scottish administrations have agreed that they will recognize the outcome of the referendum and appoint negotiators to work out the details of separation.

But there is disagreement on many issues, and only 18 months to redraft laws, establish international agreements and work out relationships with international organizations. Robert Hazell, head of the Constitution Unit at University College London, says that is an "impossible timetable."

DIVIDING THE ASSETS

The Yes camp says Scotland would be entitled to 90 per cent of Britain's oil wealth but only liable for about 8 per cent of its 1.3 trillion pound ($2.1 trillion US) national debt, based on its share of the U.K. population. The British government points out that Scotland has higher per capita public-sector spending than England and so is more indebted.

KEEPING THE QUEEN

One thing both sides agree on — Queen Elizabeth II will continue to be the Scottish monarch after independence.

The Queen will keep her Balmoral estate in Scotland, the royal family's traditional summer-vacation destination.

Many other symbols of state are up for grabs. Scotland will likely adopt the Saltire, a blue-and-white flag. The British flag combines the emblems of its member regions, including England's red-and-white cross and Scotland's blue. A redesign of the banner may be in order.

THE CURRENCY QUESTION

The day after an independence vote, the pound sterling will remain Scotland's official currency. The Scottish government wants to keep it in the long term as well.

British officials and bankers say it's not that simple. Bank of England governor Mark Carney has said that "a currency union is incompatible with sovereignty."

COUNTRY CLUBS

Scottish independence leader Alex Salmond says that Scotland wants to remain in the United Nations, the European Union and NATO.

Opponents say re-admission cannot be guaranteed. NATO, in particular, may be perturbed by Salmond's promise to remove nuclear weapons from Scottish territory.

Opponents of independence say the loss of Scotland would sharply reduce Britain's clout on the world stage. It could endanger its place in the G-7 and its seat on the United Nations Security Council.

DRAWING A BORDER

Border checks between England and Scotland will not be set up the day after an independence vote. Salmond sees Scotland becoming a part of the passport-free Common Travel Area Britain operates with the Republic of Ireland.

He says Scotland will be a member of the EU. But opponents say membership cannot be guaranteed.

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Space daredevils

Europeans to try comet landing

Scientists at the European Space Agency have announced the spot where they will attempt the first landing on a comet hurtling through space at 55,000 km/h.

The manoeuvre is one of the key moments in the decade-long mission to examine comet 67P/Churyumov-Gerasimenko and learn more about the origins and evolution of objects in the universe.

"This is absolutely a unique mission," said mission manager Fred Jansen, comparing the complexity of landing on the four-kilometre wide comet with that of landing on the moon or Mars.

The unmanned Rosetta probe has been flying alongside 67P since August, sending back high-resolution images that allowed scientists to shortlist five possible landing sites, identifying one as their chief choice for now.

There are still risks with the attempt, as the team won't know the particulars of the comet's surface until the mission begins. Despite the challenges, there will be no dress rehearsal.

"Time has come to make it happen," said Rosetta flight director Andrea Accomazzo.

THE ASSOCIATED PRESS

Residents look at a sign with the words "China's First Cellphone Lane" written on it, explaining the use of a lane separating those using their phones and those who don't. The Chinese city took a cue from a U.S. TV program and created a sidewalk with a separate lane for those whose eyes are consistently glued to their smartphones. THE ASSOCIATED PRESS

Smartphone lanes promote device safety

Prohibited cell use. Tongue-in-cheek sidewalks highlight the dangers of walking and using your cellphone

Taking a cue from an American TV program, the Chinese city of Chongqing has created a smartphone sidewalk lane, offering a path for those too engrossed in messaging and tweeting to watch where they're going.

But the property manager says it's intended to be ironic — to remind people that it's dangerous to tweet while walking the street.

"There are lots of elderly people and children in our street, and walking with your cellphone may cause unnecessary collisions here," said Nong Cheng, the marketing official with Meixin Group, which manages the area in the city's entertainment zone.

Quoted

"There are lots of elderly people and children in our street and walking with your cellphone may cause unnecessary collisions."

Nong Cheng, marketing official with Meixin Group. Cheng is critical of pedestrians who talk and use their mobile devices.

Meixin has marked a 50-metre stretch of pavement with two lanes: One that prohibits cellphone use next to one that allows pedestrians to use them — at their own risk.

Nong said the idea came from a similar stretch of pavement in Washington D.C. created by National Geographic Television in July as part of a behaviour experiment.

She said that pedestrians were not taking the new lanes seriously, but that many were snapping pictures of the signs and sidewalk.

"Those using their cellphones, of course, have not heeded the markings on the pavement," she said. "They don't notice them."

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SheTaxi creator has empire state of mind

A.k.a. SheRides in N.Y.C. New app locates taxis with woman in the driver's seat

Fewer than three per cent of New York City's 115,000 licensed taxi, livery and limousine drivers are women — and that can be a problem for women who are reluctant to get into a cab alone with a male driver because of safety concerns or religious and social mores.

A new app called SheTaxi locates taxis with a woman behind the wheel in New York City, Westchester County and Long Island. It launched Monday and will go live on Tuesday.

Regulations say, however

Taxi and Limousine Commission regulations say for-hire car services are prohibited from refusing customers.

- App's creator says registered female drivers are free to pick up anyone they want; the app merely helps women who are looking for female drivers.

The drivers wear pink scarves to be easily identified.

"Why don't we have female drivers exclusively for female riders? It would be nice to have that choice," said the app's creator, Stella Mateo.

SheTaxi, called SheRides in New York City, has been two years in the making. It will be available for the iPhone initially, and an Android version is in the works. There also are plans to expand to other cities. Passengers pay their fare through the app, using a credit or debit card.

The city's Human Rights Commissioner, Patricia Gatling, said the agency is reminding car service companies that denying service based on gender is illegal under city law.

Such requests are common among some religious communities, like among some Orthodox Jews and conservative Muslims, where social and cultural mores emphasize men and women staying in separate spheres. THE ASSOCIATED PRESS

Heineken refusing service to SABMiller

Family-controlled brewer Heineken says it has rejected a takeover bid by rival SABMiller. In a statement issued late Sunday night, the Dutch brewer said the Heineken family informed SABMiller it intends "to preserve the heritage and identity of Heineken as an independent company." Heineken did not release any details of the SABMiller bid. Heineken is the world's third-largest brewer while SABMiller, producer of brands including Miller Genuine Draft and Grolsch, is the second-largest. Anheuser-Busch InBev, famous for its Budweiser and Corona brands, is the world's largest brewer. TASOS KATOPODIS/GETTY IMAGES FOR HEINEKEN

WestJet Airlines

Destination: More fees

WestJet Airlines announced it will start charging some economy fare customers a fee, ranging between $25 and $29.50, to check their first bag on flights within Canada and to the United States. THE CANADIAN PRESS

Microsoft and Minecraft

Mobile reach worth $2.5B?

Microsoft's decision to spend $2.5 billion US on the creator of the hit game Minecraft could help the Xbox maker grab attention on mobile phones. THE ASSOCIATED PRESS

Apple

iPhones reach record orders

Apple had more than 4 million advance orders of its new, larger iPhone 6 and iPhone 6 Plus in the first 24 hours, exceeding its initial supply, the company said Monday. THE ASSOCIATED PRESS

Market Minute

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THE HEIGHT OF DISCRIMINATION

SHE SAYS

Jessica Napier
metronews.ca

I like to think of myself as a bit of a Goldilocks when it comes to dating. My first serious boyfriend was my height and just a bit too short for me; the one after that was almost seven feet, and too tall; and now I like to think I've found a guy who's just right.

At six feet three inches, my boyfriend still towers over the national Canadian male average, which is less than five feet nine. His height is admittedly an attribute I was drawn to right away; I literally spotted him from across a crowded room the night we met.

Many studies show that when it comes to relationships, women are much more concerned than men about their partner's height. "Too short" is a phrase I hear all the time from single girlfriends looking for love — particularly online, where first impressions are reduced to split-second judgment calls.

Many men — resigned to this new dating reality — list their measurements in their online dating profiles even when they aren't prompted to reveal them: "Brad, 26, six feet tall, if that matters."

And, unfortunately, it does matter. But there's a lot more to it than finding someone whom you can stand next to in heels.

In his 2005 book Blink, author Malcolm Gladwell explores this inherent bias we exhibit toward tall people. According to Gladwell, height — particularly in men — triggers a set of very positive, unconscious associations such as strength, competence and authority. Unintentional or not, Western culture is clearly biased toward individuals who physically embody the attributes we traditionally associate with leadership.

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent. Men with an imposing stature are more likely to be hired, promoted, elected into office and appointed into positions of power because we quite literally have to look up to them. "Being short is probably as much, or more, of a handicap to corporate success as being a woman or an African-American," writes Gladwell.

Designers purposefully select tall, slender females to model their clothes on the runway because their bodies reflect the fashion industry's strict concept of beauty. However, I don't think any corporations would admit to favouring tall employees. This behaviour isn't necessarily deliberate, but it has very real consequences for qualified individuals who might not measure up to our inherent prejudices.

We need to be mindful of our own unconscious discrimination when making decision about the people in our lives — whether it's selecting a romantic partner or a future prime minister.

Staggering difference

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent.

First Filipino Humboldt penguin

A still-to-be-named baby Humboldt penguin is shown to the public for the first time, at Manila Ocean Park Monday in Manila, Philippines. BULLIT MARQUEZ/THE ASSOCIATED PRESS

The Philippines shows off baby Humboldt

Manila Ocean Park officials claim a yet-to-be named baby Humboldt penguin is the first to be born in the Philippines. The oceanarium has nine other penguins which were acquired from Germany in 2011.

THE ASSOCIATED PRESS

Humboldts at a glance

In the wild, Humboldt penguins are found only along the Pacific coast of South America, from Isla Foca off the coast of Peru, down to Algarrobo in Chile, with additional isolated colonies further to the south on the Punihuil Islands.

- The world population currently stands at 12,000 breeding pairs.
- The population is undergoing a serious decline. The major causes are thought to be overfishing of prey species, entanglement in fishing nets and commercial guano removal.

SOURCE: PENGUINS.CL

MetroTube

Window into the wasp lifestyle

ANDREW FIFIELD
andrew.fifield@metronews.ca

GETTY FILE

Dig these exhibitionist wasps who decided to give YouTube user Vang Tsai an all-access look at their hot hive action by constructing it over his window. Since uploading the first shaky clip on the weekend, Vang has stepped up his video game and provided this new angle — complete with miked-up teeny, tiny footsteps. It seems like the perfect project to check in on during the week. (Vang Tsai/YouTube)

Twitter

@metropicks asked: A 12-year-old boy with autism is becoming quite the pumpkinpreneur, growing gourds as big as 933 pounds. What else should he supersize?

@SabsSoaps: I need a bigger pie shell!

@Danomite36: Halloween Candy?

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 21 in Life and page 29 in Sports.

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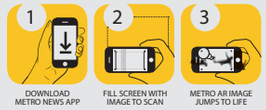

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DVD review

The Grand Seduction

Director. Don McKellar

Stars. Taylor Kitsch, Brendan Gleeson, Liane Balaban

The inhabitants of Tickle Head, Nfld., may be every bit as sneaky as their Québécois counterparts were in the 2003 hit Seducing Dr. Lewis, but there's no stealth about The Grand Seduction's real desire. Director Don McKellar (Last Night) is out to charm English-language audiences with a paint-by-numbers comedy remake, about a hard-times town desperate to woo a sawbones needed to attract a factory and jobs. It's the movie equivalent of a warm blanket. The film succeeds for the most part, benefiting more from excellent casting — chiefly Brendan Gleeson, Gordon Pinsent and Mary Walsh — than from anything remotely to do with novelty or urgency. The devastation to one-industry locales like Tickle Head wrought by changing times and technology is even more worrisome today than it was more than a decade ago, but McKellar and The Grand Seduction aren't trying to make the situation any more grim than it needs to be. They're just out to grab a few grins, and with a goal this modest, not much seduction is required.

PETER HOWELL

OK Go is back — and they're inventive as ever

Upside Out. Video masterminds release their first new music since 2008, leading up to a full-length album being released Oct. 14

LISA WEIDENFELD
Metro in Boston

From left, Dan Konopka, Andy Ross, Damian Kulash and Tim Nordwind of OK Go. GETTY IMAGES

Earlier this summer, music video masterminds OK Go returned with a new creation: a series of optical illusions set to a new song, The Writing's on the Wall.

The song, part of a new EP called Upside Out, is the first new music from the band since their 2008 album, Of the Blue Colour of the Sky. A full-length album, Hungry Ghosts, is due out Oct. 14.

Lead singer Damian Kulash says that's pretty normal for the band, which generally takes about four years to make a new album.

"We take so long making records in part because we're not the fastest songwriters on the planet, but in part because we spend so much time touring and making videos," he explains.

It's apparently pretty complicated to build and operate a massive Rube Goldberg device, as they did for This Too Shall Pass.

A few things have changed about the writing process over the years, though.

Kulash pointed to the band's desire to write more "undirectedly," by which he means letting the music dictate what a song will be about, rather than starting with an idea and working backwards to it.

The result is what Kulash calls a more focused album, despite the more relaxed songwriting method, which he thinks allows for music that's more varied in scope.

"I kind of hate writing lyrics," Kulash admits. "I have so much fun playing with the sounds, and then you wind up with this music, where if things have gone right, it goes in five directions at once. It's something that you can't communicate, or at least I can't communicate verbally."

He points to the way writing the music itself can create a sound with "lust and fury and joy and melancholy all at once." Setting all of that to actual words can mean letting go of some of that feeling.

"When something is both joyful and melancholic at the same time, do you write melancholic lyrics or do you write joyful lyrics?

"Words are so specific. They always have to mean something so literal."

Despite the songwriting challenges, Kulash seems pretty happy with the result.

For those who were big fans of the Blue Colour album, Kulash says the new album "feels like it has a lot of the same sonic textures, but is a much more concise and to-the-point record."

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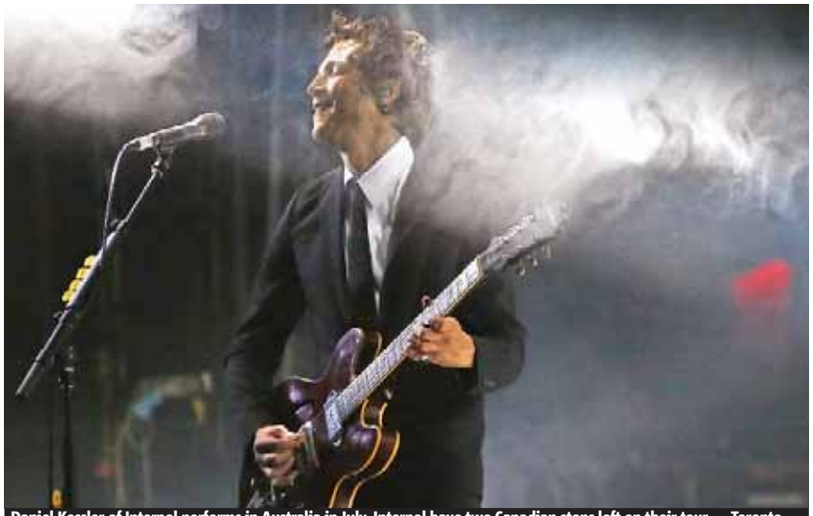
Interpol paints some raw rock 'n' roll

El Pintor. Band's new album a throwback to their 2002 debut Turn on the Bright Lights — released on the cusp of the digital age



Daniel Kessler of Interpol performs in Australia in July. Interpol have two Canadian stops left on their tour — Toronto on Nov. 18 and Montreal on Nov. 20. GETTY IMAGES

When Interpol released its first album of dark, but refined, rock, the iPod had just been born, Facebook didn't exist and many fans still discovered bands at small, smoky clubs.

As the New Yorkers head on tour to promote their fifth album, El Pintor, guitarist Daniel Kessler believes that Interpol came of age at just the right time: When bands could hone a sound and craft a full record, to be bought in stores instead of instantly downloaded by the single.

"I feel like I'm very grateful that we came when we did. We came as the digital age was upon us but we didn't really benefit from it in the early days at all," Kessler says in the lobby of a plush hotel in Manhattan's Bowery, still a dicey neighbourhood when Interpol was starting in nearby clubs.

"The way the band came to be is closer to the old way of the music industry," he said. "Afterwards, it felt like Bastille Day a little bit, in a way."

Kessler, who turns 40 this month, hastened to add that he sees positives to the new music environment — fans in faraway places without record stores can readily discover artists, and labels have a tougher time padding out weak albums by seizing on one-off hits.

But for Kessler, Interpol is without doubt "an album band," saying: "On an artistic level, an album is kind of like a book and all of the songs support the overall picture."

Quoted

"I feel like I'm very grateful that we came when we did. We came as the digital age was upon us but we didn't really benefit from it in the early days at all."

Interpol guitarist Daniel Kessler on the early days of Interpol

On El Pintor, Interpol sets the album's tone immediately with the aptly titled opening track, All the Rage Back Home. The song starts gently with Paul Banks' melancholy voice, before a sudden thrust into slam-danceable post-punk as Sam Fogarino's drums bring the song to a furious finale.

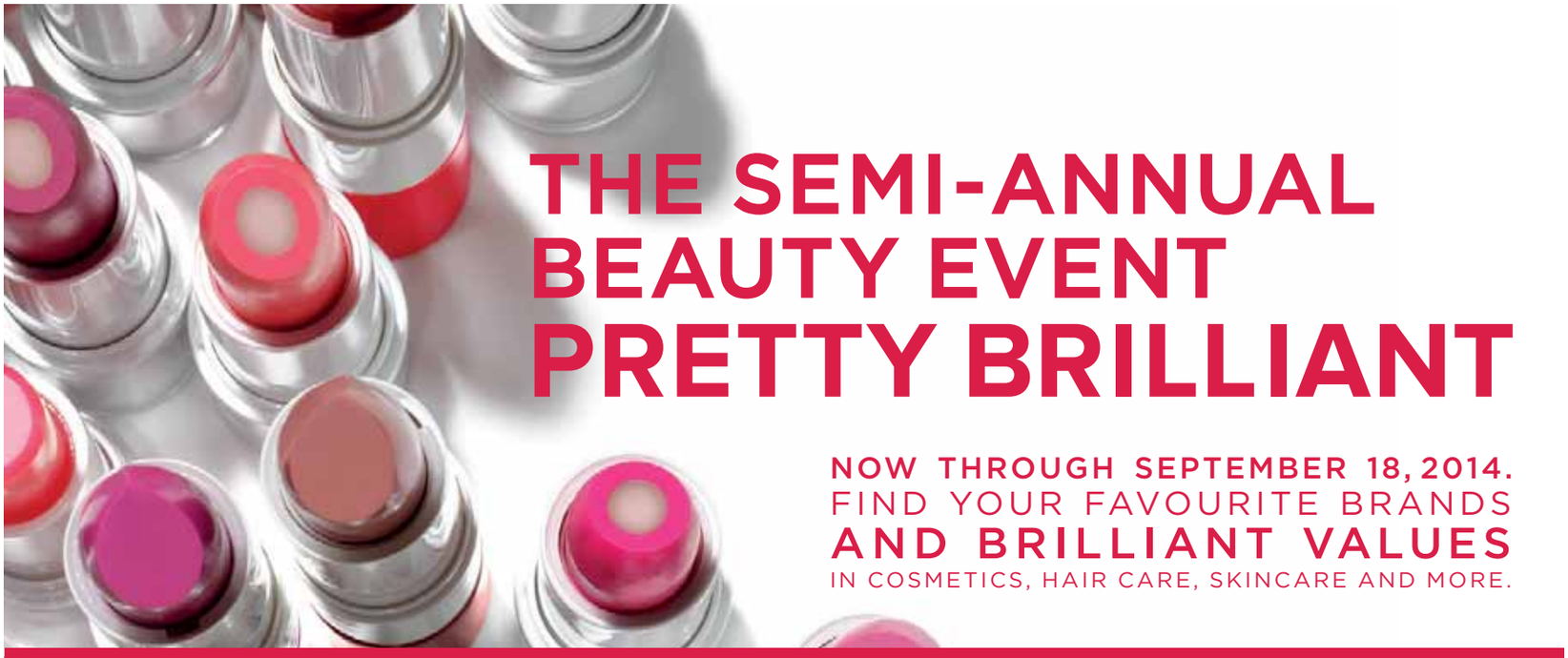
The album harks back to Interpol's 2002 debut Turn on the Bright Lights and the 2004 follow-up Antics, when the band's grand but gloomy sound brought frequent comparisons to Joy Division. But Interpol, who take the stage in dark suits, also pursued a sleeker esthetic.

El Pintor — an anagram for Interpol which means "the painter" in Spanish — is the band's first album as a trio. Carlos Dengler, whose staccato bass lines drove early Interpol, left after recording the last, self-titled album in 2010, which the former bandmate led in a more experimental direction with greater use of keyboards.

For El Pintor, singer Banks took over on bass. Kessler said that the band members never talked through their sound — instead just letting songs come together naturally — but realized that they didn't need much keyboard.

"We didn't make the songs more complicated than need be," he said. "It's a pretty raw rock 'n' roll record at the end of the day."

AFP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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Martha doesn't hold back heat when grilled about Gwyneth

NED EHRBAR
Metro in Hollywood

Martha Stewart tried to stay quiet for as long as she could, but come on. You just know you were dying for her to take on Gwyneth Paltrow's lifestyle guru work at GOOP. And Ms. Stewart does not disappoint. It's a good thing. Using a simple recipe of scolding and faint praise with a light draping of shade for good measure, Stewart tells Porter magazine of Paltrow, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Yowza. Between the "she just needs to be quiet" dominance and the talking about herself in the third person, it's like we're seeing a return of tough-as-nails prison inmate Martha Stewart. Ms. Paltrow, may I kindly suggest that you check yourself.

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Nutrients in milk support healthy living

Consuming milk may help maintain a healthy weight and may prevent Type 2 diabetes

Milk products are one of the most under-consumed food groups. In fact, two-thirds of adults aren't consuming enough. This is very concerning considering the fact that when part of a healthy lifestyle, milk products provide such a wide range of health benefits attributable in part to milk's unique blend of 16 essential nutrients. Milk provides not only an excellent source of calcium and vitamin D, but is also a source of high-quality protein, and several vitamins and minerals such as potassium, magnesium, vitamin A, vitamin B12, and zinc.

HEALTHY WEIGHT

Two-thirds of Canadians are overweight or obese, which puts them at a higher risk of developing several chronic diseases. Studies have shown that, along with a healthy lifestyle, a diet high in milk products and calcium helps to achieve and maintain a healthy weight.

Interestingly, milk products seem to be more effective than calcium alone, suggesting that there are other components in milk that may also play a role.

The protein, calcium, and vitamin D found in milk seem to help people burn fat and maintain muscle mass. Furthermore, protein is more sustaining and provides a sense of fullness after meals and snacks that lasts longer.

SNACK ON CHEESE OR GREEK-STYLE YOGURT

Milk products make the best snacks. Try pairing a glass of milk, a few slices of cheese, or a half-cup of Greek-style yogurt, with fruits such as an apple, grapes, a banana, or some berries to make a delicious and filling snack that will keep you satisfied for hours.

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Mama said knock this cardio out

Boxing. This form of fitness uses techniques of the sport — without the possibility of a black eye

IZABELA SZYDLO
life@metronews.ca

metro AR Personal trainer Stephanie Joanne, right, takes her client Jessica Tyler through a boxing routine. Scan this photo using your Metro app to see a video of Joanne's Top 3 boxing routines. PHILLIP HARRIS OF P HARRIS DESIGNS

There are only so many kilometres you can run on a treadmill, so many steps you can take on the stairclimber and so many circuits you can make on an elliptical before your workout goes from sweat to snore.

More gyms and personal trainers are offering boxing as a cardio option. So if you're looking for something that will leave you sweaty and sore, wrap up your hands, pull on some gloves and get punching.

Stephanie Joanne, a personal trainer and creator of the boxing gear line JS Signature Series by Fight Monkey, attributes the accessibility to the mainstream popularity of sports like mixed martial arts. Joanne has been offering boxing to her mostly female clientele as a full body workout for about three years.

"When you're boxing, you work your entire body," she says. "Twenty minutes in, you're dripping buckets of sweat because you're always on the go. You feel muscles in your back and legs that you never knew you had. I feel more sore after I box than when I lift weights."

And while boxing is a total-body workout, Joanne cautions it is a form of conditioning — not resistance training. She recommends incorporating boxing into your existing resistance routine. For example, if you work out four days a week, two of those days can be devoted to boxing and the other two to a whole-body resistance circuit.

One of Joanne's clients is Jessica Tyler. Best known for her role on Degrassi: The Next Generation, Tyler took up boxing about two years ago when Joanne began including it in her personal training sessions.

"It is intriguing because it's not everyday you get to pretend you're a pro boxer," she says of the addition to her workout, which is rounded out by spin class and some weightlifting. "Before boxing, my workout was pretty basic and I didn't always have much fun. I think it's important that you find something that makes you happy and motivates you to go to the gym."

Gym incentive aside, boxing can also have a positive impact on your mental health. In addition to the obvious stress relief and aggression release that comes with punching a bag, Joanne says boxing has also increased her discipline and concentration.

"It has helped me focus," she says. "If you're lifting weights, there's only so many ways you can mess up a bicep curl or squat. When you master it, there's no improving on it. With boxing, there's always improvement. You're always alert. It is definitely competitive in terms of beating your best."

It is the progressive nature of boxing that Joanne says keeps clients throwing left jabs and ducking right hooks. If you're just starting out, she recommends finding a gym that offers boxing classes, as they typically have equipment available. This will prevent you from spending money on gloves and other necessities until you're sure you want to float like a butterfly and sting like a bee.

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Meditate migraines away

Relief. Researchers have studied the effects of a standardized meditation and yoga intervention

A new study finds mindfulness-based stress reduction is safe and effective for treating migraines. ISTOCK

Sufferers of migraines could find more than solace in meditation — they could find actual relief in meditation, according to a new study out of Wake Forest Baptist Medical Center.

"Stress is a well-known trigger for headaches, and research supports the general benefits of mind-body interventions for migraines," outlined Rebecca Erwin Wells, M.D., assistant professor of neurology at Wake Forest Baptist and lead author of the study. "But there hasn't been much research to evaluate specific standardized meditation interventions."

The goal of the study was to examine the effects of mindfulness-based stress reduction (MBSR), a standardized meditation and yoga intervention, on migraine sufferers.

Nineteen participants were divided into a test group of 10, who received the intervention, and a control group of nine who continued using standard medical care for migraines.

For eight weeks, the test group had weekly mindfulness training sessions and were to practise 45 minutes on their own five days a week.

Researchers evaluated participants using objective measures of how their migraines affected their health and quality of life before and after the trial. Each subject kept track of their migraines throughout the intervention. The test group made more progress toward overcoming migraines, having an average of 1.4 fewer migraines per month with reduced severity and duration.

"Secondary effects included headaches that were shorter in duration and less disabling, and participants had increases in mindfulness and self-efficacy — a sense of personal control over their migraines," said Wells. "Additionally there were no adverse events and excellent adherence."

AFP

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Answers to common health questions

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three:

Can a cold compress reduce bruising?
Yes. When you bang into something, tiny blood vessels break under your skin, and blood then forms puddles that show up as a bruise. To treat this, elevate the area and apply a cold compress for 15 to 20 minutes (any longer could damage your skin). Wait at least two hours, then reapply it. Other possible treatments include bromelain and topical arnica cream or gel. To reduce bruising risk, try vitamin C.

Can you build more muscle by eating lots of protein?
No. Protein is essential to most bodily functions and helps preserve lean muscle mass, which keeps your metabolism from slowing. Recommended protein intake is 0.4 grams per pound of body weight if you are moderately active, and one to two grams per pound if you're really pumping iron. But getting more than that won't give you extra muscle-building benefits. (Tip: At breakfast, experts advise getting 25 grams of protein.)

Avoid crossing your legs when you have your blood pressure measured. ISTOCK

Is crossing your legs a bad habit?
Maybe. According to a study published in Blood Pressure Monitoring, hypertensive patients should avoid crossing their legs while having their blood pressure taken, as it has been found to raise both systolic and diastolic blood pressure. In non-hypertensive patients, only the systolic pressure rose.

The higher numbers could lead to an increased estimation of cardiovascular risk. So keep your feet flat on the floor when getting your blood pressure measured.

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Broken hearts mend world

Sad now, happy later. How well we deal with sorrow is directly tied to how much we can experience joy

EVA KIS
Metro World News in New York City

Refusing to deal with grief can lead to numbing behaviour, like alcoholism or compulsive shopping. ISTOCK

The end of a relationship, being laid off or health problems can all trigger feelings of profound sadness. But with so much tragedy constantly bombarding us on 24-hour news networks and the Internet, our individual losses can seem insignificant.

"Technology is a gift and a blessing," says psychotherapist Mandy Eppley. "And at the same time, perhaps when we don't have digital boundaries and we have that coming at us all the time, maybe it desensitizes us to human suffering."

There are consequences to not letting ourselves experience that sadness.

"The truth of the human psyche is our capacity to feel the depth of our sorrow ... is directly tied to how much we experience our joy. We don't have the luxury of compartmentalizing our grief and it not impacting our capacity to feel overall."

Refusing to deal with grief can lead to numbing behaviours, from alcoholism and compulsive shopping to watching too much television — anything to avoid the pain.

But suppressing grief also robs us of its potential.

"Learning to hold (our grief) with great dignity, to hold it without shame, it does create a new relationship to the loss itself," she says. "If people are open to their grief, and truly, grief is how we learn about who we are, it's what great movements are birthed out of."

She points to the #SaveOurGirls campaign and Mothers Against Drunk Driving as moments when grief transformed from pain into positive action. But even a casserole for an elderly neighbour, volunteering for a nonprofit or taking part in a cleanup makes a difference. Ask yourself what you're most passionate about and turn it into action.

"People who have been brokenhearted are the ones bringing change to our planet," Eppley says. "I've never seen a therapeutic technique that can hold a candle to people using their suffering to help others."

Can't talk about it?

Allowing ourselves to experience the intensity of our feelings is not something many people are taught, Eppley says.

To help those who may not even confide in a friend, let alone a professional, Eppley and fellow psychotherapist Chris Saade created the Model of Heart-Centered Grief, an in-home counselling program.

To learn more, visit the website The Respite (therespite.org), Eppley's nonprofit foundation.

Products in development will help us test for food additives. COLOURBOX

Tests help stick it to food additives

Increased demand to know ingredients the nutrition label doesn't reveal and information restaurants don't share has inspired several prototypes and testing methods that could give us increased control over food choices.

Safety based on your needs
Closest to reality is the concept behind 6Sensor Labs, whose goal is to create affordable devices to test food for allergens and reveal the results on an app. The first product will be oriented towards those with celiac disease who require a gluten-free diet.

Inspect before consumption
Chinese company Baidu has developed chopsticks in response to disturbing information about dangerous additives used for food production in China. Connecting wirelessly to a mobile communication device, the app warns when the chopsticks come into contact with tainted ingredients.

Control your caffeine intake
A research team from the University of Iowa, who claim caffeine is being added to more than 570 beverages and 150 food products including chewing gum, may have laid the groundwork for a dipstick test.

Test of organic chemistry 101
Slapping on an "organic" label to inflate the price of produce might become a thing of the past. Researchers with the Bavarian Health and Food Safety Authority in Germany have developed a test to set the standards. They explored a technique called magnetic resonance spectroscopy that is already in use for authenticating honey and olive oil. AFP

Key to happiness. Striving for more money and possessions takes time away from what we really want in life

EVA KIS
life@metronews.ca

If we could just pursue the things that would actually make us happy, we could help the environment, too, according to a New York researcher.

"What if what's good for the consumer meets what's good for the environment?" asked Dr. Miriam Tatzel of Empire State College.

She says the basic needs to be able to pursue happiness include competence, autonomy, positive relationships, self-acceptance and personal growth.

But research has shown that striving for more money and possessions actually takes time away from activities and bonds that would be fulfilling, and hurts self-esteem if it's based on others' perceptions.

Unhappy consumers

"The larger the gap between what one wants and what one has, the greater the dissatisfaction. Less materialism equals more happiness."
Dr. Miriam Tatzel, psychology researcher at Empire State College

In this, Tatzel pointed out, consumerism not only strains the Earth's natural resources, it doesn't benefit people.

"The larger the gap between what one wants and what one has, the greater the dissatisfaction. Less materialism equals more happiness," she said at a recent American Psychological Association conference.

By contrast, a study earlier this year showed that frugal people are generally happier — which may be because they avoid the consequences of spending too much, including debt, she said.

Experiences, meanwhile, have been shown in studies to give people more lasting happiness than new possessions.

Video games

Violent gaming has calming effect in the real world

The violence criticized in modern gaming may actually be contributing to better behaviour outside of the virtual realm.

A new study out of the University of Buffalo says the moral issues that confront players in a game can create a sense of awareness for the societal codes they have violated.

"Rather than leading players to become less moral, this research suggests that violent video game play may actually lead to increased moral sensitivity," said Matthew Grizzard, who led the study. "This may, as it does in real life, provoke players to engage in voluntary behaviour that benefits others."

EVA KIS, METRO NEWS

Magic magnet. Device that cleans blood could treat sepsis and Ebola

An experimental gadget extracts bacteria and toxins from blood. AFP

Scientists said earlier this week they had invented a device that uses a magnet to extract bacteria, fungi and toxins from blood, potentially throwing a lifeline to patients with sepsis and other infections.

The external gadget — tested so far in rats but not yet humans — could be adapted one day for stripping Ebola and other viruses from blood, they hoped.

Acting rather like a spleen, the invention uses magnetic nanobeads coated with a genetically-engineered human blood protein called MBL. The MBL binds to pathogens and toxins, which can then be "pulled out" with a magnet, the developers wrote in the journal Nature Medicine.

The "bio-spleen" was developed to treat sepsis, or blood infection, which affects 18 million people in the world, with a 30- to 50-per-cent mortality rate.

The MBL protein is known to bind to the Ebola virus and so it potentially might be useful for treatment of these patients. AFP

Lessons from the desert

How fallback plans make it easier to quit

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Having a Plan B with any project in life weakens the amount of adversity we can handle.

The simple knowledge that the option exists to abandon what we're doing and try something else opens the possibility of not following the project through to the end.

It saps energy away from our boldness, and shifts the single pursuit to complete our quest to, instead, questioning our commitment.

It lets our imagination more easily justify an early exit, and Plan A failure becomes an option we grow comfortable with.

Along my desert journey, almost half of my friends quit. Some quit while preparing, others while racing.

Those who quit while preparing ended up doing Plan B — another less-demanding event.

But interestingly, most of those who quit while in the desert gutsily ended up returning to do it again. This time, all completed the race. Without Plan B, their redo was bound for success, all unwilling to taste the sour memory of failure again.

We get socialized early on to think of backup options so we'll always have a fallback position in case a project we take on doesn't turn out.

Although such plans act as insurance and can help us sleep better at night, too often they get executed simply because we abandon the original plan too early.

Success is never guaranteed for the projects we take on in life and, to lessen the risks, Plan B has its place.

The question is, will you consider Plan B a success? If not, committing fully to Plan A from the beginning significantly increases the probability of success.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Tackling a tough challenge or project without a fallback position improves your chance of success. COLOURBOX

No turning back

Plan B lets our imagination more easily justify an early exit, and Plan A failure becomes an option we grow comfortable with.

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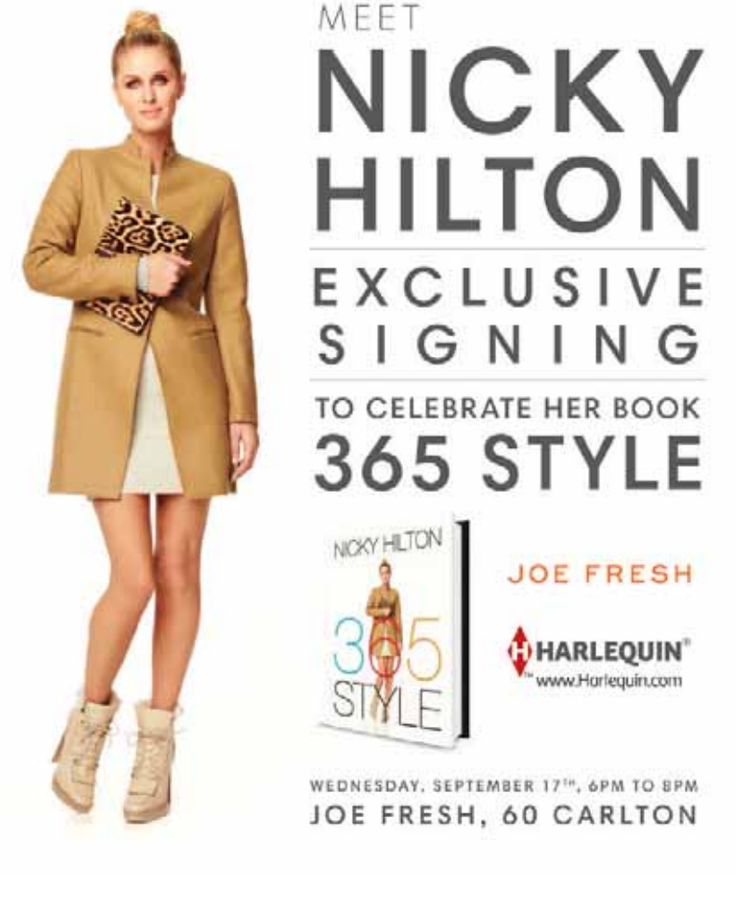

Got a great business idea? Just go for it

Richard Branson. Entrepreneur shares his thoughts on leadership, selling yourself and what's wrong with modern corporate culture

LAKSHMI GANDHI
Metro in New York City

Sir Richard Branson has been an entrepreneur for most of his life, founding the now-famous Virgin Group in 1972 at the age of 22. Since then, the company has expanded to encompass more than 400 companies and has made Branson himself a multi-billionaire.

In his latest book, The Virgin Way: Everything I Know About Leadership, he takes readers through everything from his hiring process to how entrepreneurs can plan their next move. We sat down with Branson to get his advice for young workers.

What's the most important thing for 20-somethings as they start their careers?
You only live once and it's important to spend your life doing something you enjoy and really interests you, and that you'll be really pleased spending your life doing. So if you have a great idea for a business, if you feel you have an idea that can fill a gap and help make people's lives better: try it. Make a go of it.

If you're not entrepreneurially-minded, try to go into a profession where you will get some satisfaction in doing it. Don't do a profession because you're going to make a lot of money in it, and it's horribly dull.

How do you know when the time is right?
If you want to run a business, I'm not sure that it's necessary to spend too many years studying. I think it's better if you get on and do it and learn while doing it. If you have five or six years building a business, rather than studying to build a business, you're five or six years ahead of everyone else.

What are your tips for someone with a great idea who isn't sure how to sell it.
I think that the important thing is to simplify what you're saying and, if you can't explain what your idea is in two or three sentences and excite people by it, I suspect it's not a good idea. That applies to most things you're trying to sell. Keep it simple and clear-cut.

Once you start building your team, how do you know who to hire and trust?
If it's your first business, I suspect you'll have some life-long friends, and it's always good to have friends around you when building a business. I had two or three friends join me in the early days and it was delightful.

Then you just have to interview people and see if they are as passionate about what you do as you are.

You've said you don't read business books. So, it's funny that you wrote one.
Yeah, I haven't read business books; I've glanced at one or two. I think there's too many lists. So, what I've tried to do is write a book that's more readable and tells stories. People can learn from reading those stories.

What do you think is the biggest mistake young entrepreneurs are making?
I think a lot of young entrepreneurs are not good delegators; they try to do everything themselves. What they need to do is get people to deal with the nitty-gritty, free themselves up and think of the bigger picture.

Entrepreneurs sometimes tend to be micromanagers; how do they let that go?
If they trust people, not everything will be done exactly how they would do it, but some things will be done better. And some things won't be done quite as well. If you're good at finding good people, they shouldn't let you down often.

Why do you feel corporations are so stifling of creativity and personality?
It's strange because working for companies should be a fun, pleasant experience and so often, as you say, it is a stifling, boring experience.

People are made to dress in formal clothes — ties and suits. They work out of unpleasant environments and that constitutes their life. It is sad and it often comes down to bad leadership ... If they were good leaders, they would make sure people enjoyed their jobs.

If you had to describe your personality in one or two words what would you say?
I don't take no for an answer. I like to enjoy what I do. I like to create things I'm proud of. I like to surround myself with great people. And I give those people a lot of freedom to create great things.

Ditch the shirt and tie

"Working for companies should be a fun, pleasant experience and, so often, it is a stifling, boring experience ... It often comes down to bad leadership."
Richard Branson, multi-billionaire entrepreneur

Enjoy your job and trust your workers, Richard Branson advises. GETTY IMAGES

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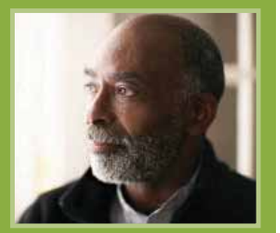

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NUTRI-BITES
Theresa Albert
DHN, RNCP
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It may be growing over your side of the fence right now! But if you can't steal it from your neighbour, it will be on sale at the grocer.

Zucchini is an under-appreciated late summer vegetable. Look for one that is shiny, firm, vibrant in colour (whether light or dark green) and is free from spots, cuts or bruises.

• Smaller zucchinis will be more tender than larger ones.

• Zucchini holds a lot of water. To reduce the amount of water for crispier result in cooking or baking, salt diced or sliced zucchini and leave it for half an hour. Rinse the zucchini and squeeze dry with a paper towel to slightly dehydrate.

• Don't overcook zucchini and keep an eye on its skin since the edge just under the skin will turn bright green as it cooks to its tender-crisp point.

• Grate zucchini using a large-hole box grater and add to meatloaf, pasta sauces and burgers. It will add moisture, nutrients and flavour.

• Zucchini goes well with: garlic, basil, lemon, oregano, olive oil, parsley, pepper, salt, onion, thyme, vinegar, tomatoes, mushrooms, sweet bell peppers, corn, eggplant, cheeses such as feta, ricotta, and goat, salmon, eggs, shrimp, quinoa, rice, and even pecans and chocolate!

Zucchini Flavour Pairings

• Zucchini + basil + Parmesan

• Zucchini + red peppers + eggplant + onions + tomatoes

• Zucchini + olive oil + salt + pepper + oregano

• Zucchini + feta + lemon + olive oil

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Zucchini Zoodles with Pesto and Shrimp.

This pasta alternative is simple to make

THERESA ALBERT
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This recipe pairs zoodles with pesto and shrimp but they also go well with your favourite marinara sauce, a drizzle of olive oil, a variety of herbs or a sprinkle of Parmesan cheese.

Zoodles

1. Wash zucchini and cut off the ends. Decide if you want to keep the skin on or peel it. Keeping the skin on adds gorgeous colour to your dish and some fibre. Peeling it and boiling the zoodles can create a more traditional pasta look and mouth-feel.

2. Using a julienne grater or mandolin with julienne blade, slide each zucchini along its length in smooth strokes to create the "noodles." You can achieve the same effect with a box grater turned over on its side. As required, gently pull apart the strands.

3. You may find that when you get to the middle, the seeds prevent the strands from holding together. Use this part of the vegetable for another recipe.

4. Zoodles may be enjoyed raw or can be softened by gently sautéing, boiling or microwaving them.

Ingredients

Zoodles
• 4 medium zucchini
Zoodles with Pesto and Shrimp
• 1 1/4 lb (.56 kg) raw shrimp, shelled, tailed and deveined
• 1 tbsp (15 ml) butter
• Zoodles as above
• 2.5 tbsp (45 ml) prepared pesto
• 8 mini tomatoes, quartered
• 8 snap peas, cut into bite-sized pieces

This recipe serves four. PRODUCEMADESIMPLE.CA

Zoodles with Pesto and Shrimp

1. Melt butter in skillet on med-high heat. When the butter starts to sizzle, add the shrimp and sauté for 3-5 minutes until the shrimp are pink and opaque throughout.

2. Stir pesto into zoodles and distribute among four plates.

3. Add cooked shrimp, tomatoes and snap peas to each plate. Enjoy.

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Orioles down Jays, fly to brink of winning AL East title

Orioles right-fielder Nick Markakis makes a diving catch on a ball hit by the Blue Jays' John Mayberry Jr. on Monday in Baltimore. The Orioles roughed up Jays starter Marcus Stroman for nine hits and five runs, which included a Ryan Flaherty two-run home run, over six innings en route to a 5-2 win. Baltimore can clinch the American League East crown with a win over Toronto on Tuesday. That would assure the Orioles their second playoff berth in three years following a run of 14 consecutive losing seasons.

PATRICK SMITH/GETTY IMAGES

Argos chomping at bit to atone for collapse

CFL. Matchup with Lions can't come soon enough for Boatmen after letting 26-point lead go to waste against Stampeders

The Argonauts watched a replay of Saturday's horror show when they reconvened at a downtown hotel on Monday.

The team is staying in Calgary all week in preparation for a game against the B.C. Lions in Vancouver on Friday. Many of the players took the day off to visit Banff, while others spent time alone or with family in the area.

Head coach Scott Milanovich, who started growing a beard a couple of weeks ago, shaved it off completely Sunday in a desperate appeal to Gods of Superstition.

Those deer-in-the-headlights looks were still evident in the players' eyes almost 48 hours after the biggest collapse in franchise history when they gave up a 26-point lead and fell 40-33 to the Calgary Stampeders.

Quarterback Ricky Ray replayed the game in his mind back at the hotel after the game.

"When I'm laying there in bed, I was thinking, 'Man, I wish I could have done this different or done that better,'" Ray said. "I wish I could have made more plays in the second half. I had a drive there at the end (when he got stripped of the ball in Calgary territory)."

Middle linebacker Shea Emry looked as if he wanted to fire through an imaginary line of scrimmage and sack Lions quarterback Kevin Glenn right now instead of waiting until Friday.

The good news is the Argos finally found out how good their offence can be, as Ray rolled up 338 yards through the air and the Toronto offence tallied 407 yards of net offence to Calgary's 399.

Milanovich has been trying all season to point out the positives to the players in an effort to keep their confidence high so they perform aggressively and not get tentative.

"But it's getting to the point where we need to just flat out get it done," Milanovich stressed.

TORSTAR NEWS SERVICE

Owens hopes to return

Slotback Chad Owens, who has been in and out of the lineup most of the season, is going to participate in a full workout on Tuesday and he is hopeful to return for Friday's game.

NFL

Vikings reinstate Peterson after felony charge

The Minnesota Vikings have seen the details. They have seen photos of the injuries that Adrian Peterson's four-year-old son suffered at the hands of the star running back.

The Vikings brought Peterson back to the team anyway even as the public furor over the NFL's approach to addressing domestic abuse reached a fever pitch.

The Vikings reinstated Peterson on Monday, one day after he sat out a 30-7 home loss to the New England Patriots after he was charged with a felony in Texas for using a wooden switch to spank his son. Peterson, who said he was using a form of discipline his father used on him as a boy, is expected to play against the New Orleans Saints on Sunday.

THE ASSOCIATED PRESS

South Africa

Pistorius still free to compete after conviction

Oscar Pistorius is free to compete for South Africa again, as long as his running doesn't go against the ruling of the judge.

Pistorius, who is to be sentenced next month after being found guilty in the negligent killing of his girlfriend, could compete at any time because the South African Olympic committee has no regulations preventing someone with a criminal record from representing the country. THE ASSOCIATED PRESS

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With no sample size, Leafs' Dubas relying on eyes

NHL. At rookie camp in London, assistant GM is assessing young prospects at ice level

The funny thing about Kyle Dubas when he takes centre stage in a media scrum is that he doesn't want to talk about analytics even though advanced statistics are his forte and part of the reason he was hired as assistant general manager of the Toronto Maple Leafs.

Reporters, however, want to talk about it. It's the hot commodity, the bright and shiny bauble, the new thing. It brings web hits.

So even as the Maple Leafs media handlers plead not to ask Dubas about analytics, it's inevitable someone does. Dubas grits his teeth and offers a polite answer.

"It's something that adds a layer of analysis to everything that you're doing," said Dubas. "It's more information to make decisions."

Leafs assistant GM Kyle Dubas says 2014 first-rounder William Nylander has been a standout at rookie camp. TORSTAR NEWS SERVICE

Why doesn't he want to talk about it? Maybe he's a little embarrassed at all the attention. Maybe he doesn't want to show up GM Dave Nonis, who gets very little credit for putting analytics in the team budget two years ago.

Maybe he's a bit like Kings GM Dean Lombardi, who told reporters in L.A. he doesn't want to talk about analytics because the information is proprietary and he doesn't want teams copying the Kings.

Regardless, there is more — far more — to Dubas than analytics. And the past few days at Leafs rookie camp up Highway 401 in London has offered him a chance to grow into his new role and get comfortable in his surroundings.

"It's been interesting," said Dubas. "The purpose of the weekend, of these games, is they're a tool for us to watch these young guys play.

"The first game a lot of guys stood out. Willie (William Nylander), Viktor (Loov). A lot of guys. We're trying to get a sense of where these guys are and who's going to get invited to camp when it starts on Thursday."

There is one game left in this tournament. The 1-1 Leafs play the 2-0 Penguins in an afternoon game on Tuesday.

Last-minute training camp invitations go out Wednesday with Leafs, Marlies and wannabes set to report for medicals on Thursday.

"A long way to go yet," said Dubas. TORSTAR NEWS SERVICE

Building the puzzle

"Having a lot of good players is always the best problem in hockey. Now it's trying to figure out where to play. Our guys need to play and play a lot."
Leaf assistant GM Kyle Dubas

MLS

Local kid lands deal with TFC

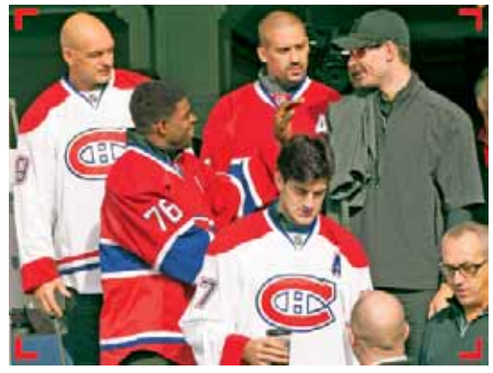
Toronto FC has signed midfielder Christopher Mannella from its academy.

The 20-year-old Toronto native served as captain of the academy's senior team. He appeared in 11 matches for the team, scoring twice in the inaugural League 1 Ontario season.

Mannella originally joined TFC's junior academy team in 2009.

"We are pleased with Christopher's development over the past five years in our academy, and he deserves this," said Toronto general manager Tim Bezbatchenko in a statement.

THE CANADIAN PRESS



Habs happy to share the C

Debate raged all summer over who would be the next Canadiens' captain. And when the decision was announced Monday it was ... nobody. GM Marc Bergevin said the team will alternate Andrei Markov, left, P.K. Subban, Tomas Plekanec, centre, and Max Pacioretty, bottom, wearing the C. Scan the image with your Metro News app for our list of top captains from Canadian teams. RYAN REMIORZ/THE CANADIAN PRESS

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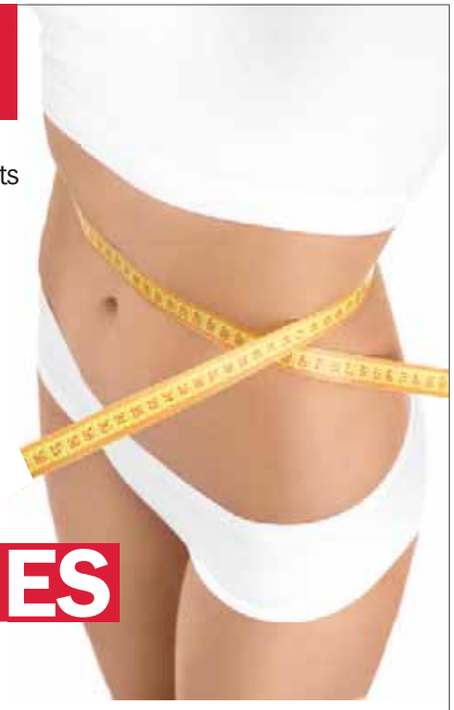

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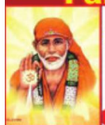

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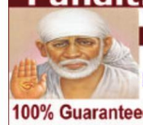

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may be convinced a course of action is correct but someone's opposition will make you wonder. Maybe you should give it a bit more thought.

♉ Taurus
April 21 - May 21
An opportunity to improve a partnership or relationship could easily be missed. Focus on it to the exclusion of everything else.

♊ Gemini
May 22 - June 21
If you have a favour to ask of a friend or family member, now is the time. The planets indicate everyone wants to help you today. You would be foolish not to take advantage of it.

♋ Cancer
June 22 - July 23
If what you once thought was a brilliant idea has come to nothing, abandon it. There are more interesting things you can spend your time on today.

♌ Leo
July 24 - Aug. 23
A light-hearted approach is called for today, especially if you are the sort of Leo who tends to get uptight about things over which you have no control. The final outcome will be the same, so laugh.

♍ Virgo
Aug. 24 - Sept. 23
Remember, it's not the quantity of work you get done today that matters wbut the quality. Do just one thing really well.

♎ Libra
Sept. 24 - Oct. 23
Something you thought was a permanent part of your world will disappear but there is no need to feel sad. Something better will fill the space.

♏ Scorpio
Oct. 24 - Nov. 22
You may be unaware that someone is annoyed with you but if a loved one or work colleague gives you a hard time, try to find out why.

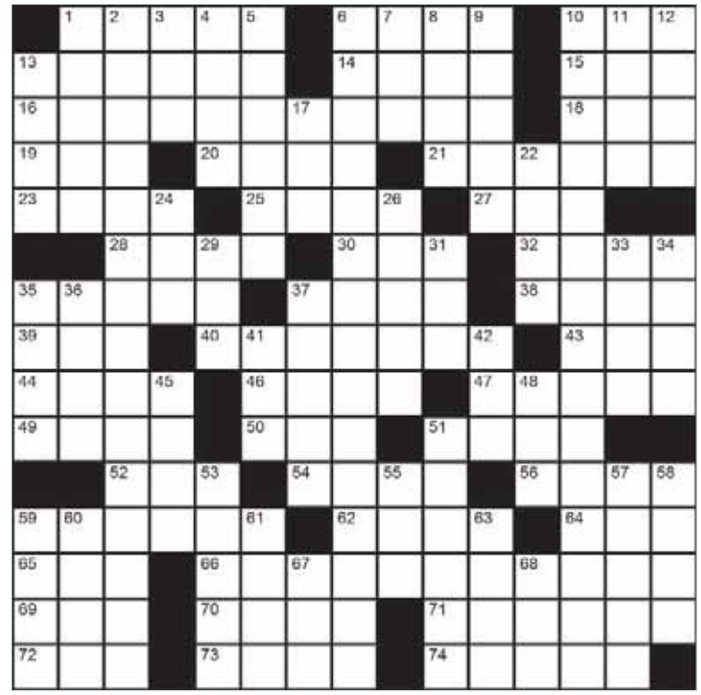
♐ Sagittarius
Nov. 23 - Dec. 21
Try not to be so self-critical. If something has not worked out the way you expected, well, that's just the way it is. It's all good experience. Next time you'll get it right. Move on.

♑ Capricorn
Dec. 22 - Jan. 20
Jupiter is in the wealth area of your chart. If a deal has to be made you should be the one calling the shots — and taking the lion's share of the profits.

♒ Aquarius
Jan. 21 - Feb. 19
A disappointment of some sort may be hard to take but the pain will fade. Pick something else that inspires you and throw yourself at it body, mind and soul.

♓ Pisces
Feb. 20 - March 20
Others are unlikely to be in the mood for fun and games. That's okay, you can entertain yourself well enough. You're certainly not going to join in all the doom and gloom!

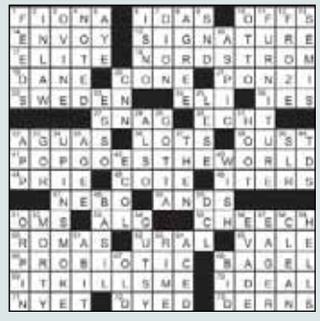
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mother Goose guy Jack
6. New Brunswick's motto: __ Reduxit (Hope restored)
10. Mr. Weston of "ET Canada"
13. Canuck comedy duo, Kenny vs __
14. Bind-er
15. 'Fruct' finisher
16. Soldier involved in airborne operations, at times
18. __ choy (Leafy vegetable)
19. U.S. tax collector
20. Atomic Number 30
21. Saskatchewan town about 75 miles north of Swift Current
23. Arcade Fire album: '__ Bible'
25. Forest denizens
27. Consume
28. Tandoor-baked creation
30. Payer's pledge
32. Baltic country [abbr.]
35. "The __ I'm In" by The Band
37. Antelopes of Africa
38. Lingering sound
39. Cyber chuckle
40. Made a bubbling noise
43. Viewed
44. a.m.'s 'a'
46. Ms. Jordan
47. Piece __ __ (Dessert helping)
49. "About a __" by Nirvana
50. Timber type that's tough
51. Caffeine nut
52. __ Dhabi (UAE capital)
54. Ms. Gilpin of "Frasier"
56. Bank __.
59. Singer Ms. Grande
62. Experimental environs
64. Mer's liquid
65. Ben, to Jerry
66. Surveillance video: acr. + wd.
69. "__ Maria"
70. "It's _ __!" (2-2 game exclamation)
71. Campfire s'nacks
72. Apiece
73. Particular pulses
74. Ships' steerers

Down
1. Backup
2. Fitness motivator: 2 wds.
3. Genetic letters
4. Bug movie
5. __ Lannister ("Game of Thrones" character, on HBO Canada)
6. Grocery store tasks: 2 wds.
7. Drivel
8. Duellist's blade
9. Mr. Haggard of country tunes
10. Canada's celestial 'crane' creation: 3 wds.
11. Bears, in Barcelona
12. Cowardly Lion's alter ego
13. Twirl
17. __ _ trial basis
22. Rattle
24. Sofa sleep
26. Spirits
29. Concert promoter, _ _ _ Live
31. Function
33. Popular cuisine
34. __ Sound (Fjordy locale on BC's coast northwest of Vancouver)
35. Smelting waste
36. Hagar The Horrible's daughter
37. 'Get'
41. NFL's land
42. Scooby-__
45. Napoleon's exile isle
48. Jacksonville's state [abbr.]
51. Block/stop, informally
53. Remove the pen's top
55. U.K. military service
57. Pens
58. Calendar day, e.g.
59. "Pronto!"
60. Wander
61. Entr'__ (Theatre break)
63. A few
67. Ms. Carrere
68. Actor Mr. Avery

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2	9		3	4		
	3	9		6			2	
7		5				9	8	3
9			3		1			5
	7			5			4	
3			8		7			9
6	4	7				5		8
	1			8		6	9	
		8	4		6	2		

Yesterday's Sudoku

3	8	9	6	1	7	5	4	2
5	2	7	3	9	4	8	1	6
6	1	4	5	8	2	3	9	7
2	4	5	7	6	8	9	3	1
7	3	8	9	2	1	4	6	5
9	6	1	4	3	5	7	2	8
1	5	3	8	4	6	2	7	9
8	9	2	1	7	3	6	5	4
4	7	6	2	5	9	1	8	3

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